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Tips for Your Ski Holiday and Ski Insurance

There are some things that you may not think to check before booking your ski trip. They may not be obvious, or become an issue, until it's too late. Here are a few of our tips:

- * Check the elevation of your ski resort before booking. If you plan to go very early or late in the season it may be wise to choose a high elevation or glacier resort to maximise the chance of good snow conditions
- * Check the resorts website thoroughly before you book to make sure it offers all the activities you need. For example: there are a few resorts in North America that do not permit snowboarding, i.e. [Alta](#) and Deer Valley resorts in Utah, and Mad River Glen in Vermont. (We double-checked and this is accurate at the time of writing, but check for updates)
- * If going as a family, check that a resort is child-friendly with plenty of amenities, day care/nursery, and a good ski school
- * If booking your own flights, check the airlines baggage policy regarding the carriage of ski equipment. If traveling as part of a package it is still a good idea to check that you will not be hit by the airline for additional charges for your ski equipment. Always read the small print!
- * Check the helmet laws, as in many resorts helmets must be worn by children under a certain age " and it is a good idea to wear them anyway no matter what age
- * Check the availability of ski passes * and if other nearby ski areas are included

Once you get there:

- * Always ski in control and avoid alcohol * or, if you must, save it for apres ski. In some resorts you could be stopped for speeding, and breathalysed, possibly resulting in confiscation of your ski pass. Remember that intoxication (alcohol or drugs) could result in the denial of any related claims on your ski insurance
- * Pack plenty of sunscreen and lip protection and purchase good quality sunglasses and goggles to protect your eyes. Leave those petrol station cheapo sunglasses at home
- * Pack some chemical hand/foot warmers for a quick warm*up
- * Carry your mobile phone with you when skiing and check out the latest ski apps for added fun. Access to your phone in an emergency could save lives
- * If you are a EU national and traveling to another EU country, apply for the free European Health Insurance Card (EHIC). However, this should not be used as a substitute for comprehensive travel/ski insurance.

The EHIC entitles you to free emergency medical care in a state-run hospital only. If you should be unconscious and taken to the closest private hospital your charges would not be covered without separate medical travel insurance. The EHIC also does not cover medical repatriation if you should be injured or become ill (or worse) and need to be transported home by air ambulance or stretcher or means other than a seat on a commercial flight

You get so much more cover for your holiday with a ski insurance policy so please, always, always, take out ski insurance!

If you purchase your ski insurance elsewhere, pay special attention to the section regarding medical expenses and the levels of cover, and check that emergency medical repatriation is included. Also check that costs of a mountain or helicopter rescue are included. Other benefits of ski insurance include cover for loss or breakage of



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your ski equipment " and ski hire to replace them; ski hire if your own equipment is delayed or misdirected in transit; ski pack (tuition, ski hire, ski pass, etc.); delays due to avalanche.

We hope you choose us for your ski insurance but, no matter where you purchase it, always take a minute to check that it covers everything you need. For a quote [click here](#).

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<http://www.travel-insurance.net/blog/2011/02/14/tips-for-your-ski-holiday-and-ski-insurance/>[/sourcelink]